

## Pharmacy Practice Faculty

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Veronica Bandy, Pharm.D.  
Sian Carr-Lopez, Pharm.D.  
Raj Patel, Pharm.D., Ph.D.  
Marcus Ravnan, Pharm.D.  
Mark Walberg, Pharm.D., Ph.D.  
Joseph A. Woelfel, Ph.D., M.S.



### For more information contact:

*Joseph A. Woelfel, Ph.D., FASCP,  
R.Ph.*  
Assistant Professor  
Director of Pharmaceutical Care  
Clinics  
University of the Pacific  
Thomas J. Long School of Phar-  
macy and Health Sciences  
757 Brookside Road  
Stockton, CA 95207  
Tel: 209 946 2374  
Fax: 209 946 3192  
email: [jwoelfel@pacific.edu](mailto:jwoelfel@pacific.edu) (office)

Located on the second floor of the  
Thomas J. Long School of Pharmacy and  
Health Sciences Learning Center.



### Thomas J. Long School of Pharmacy and Health Sciences Learning Center

209.946.2374  
757 Brookside Road  
Stockton, CA 95207



## Thomas J. Long School of Pharmacy and Health Sciences

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## Adult Asthma Clinic

### Hours:

Monday - Friday 9:00 - 5:00  
by appointment

Funding made possible by a grant from  
Catholic Healthcare West.

UNIVERSITY OF THE  
**PACIFIC**  
Thomas J. Long School of  
Pharmacy & Health Sciences

# Adult Asthma Clinic

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## WELCOME TO OUR CLINIC!

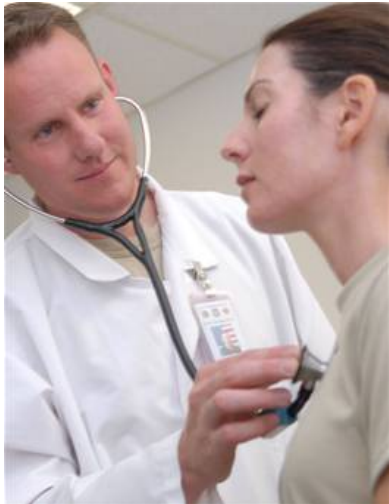
Welcome to our asthma program!

Our goal is to improve your health and assist you in better managing your asthma.

We will follow your doctor's instructions and asthma guidelines of the National Institute of Health.

## BENEFITS & CARE

You will receive education, training, monitoring, and medication management. An initial clinic visit will be required and repeat visits will be scheduled based on your needs. Phone interviews will also be used.



**To make an appointment with the Adult Asthma Clinic, please call:**  
**(209) 946 2374**

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## OUR SERVICES

The faculty pharmacist will provide you with our services. Our clerk will maintain all your records, schedule appointments, and make follow-up phone calls.

Here's what we'll do for you:

- Help you understand what causes asthma.
- Identify asthma triggers
- Help you correctly use inhalers, spacers, nebulizers, and peak flow meters
- Help you keep asthma free by teaching the best use of your medicines
- Help you use a peak flow meter to keep "in the safe" zone.

## OUR GOALS FOR YOU:

- Help improve the quality of your life by being "asthma free"
- Help you to try to stop smoking, if you smoke
- Reduce the number of visits to your doctor because of an asthma attack
- Keep you from needing to go to urgent care or an emergency room because of an asthma attack
- Help you be able to be physically active without worrying about asthma and miss fewer days at work or school.

## ASTHMA

Asthma is a chronic condition which continues to increase nationwide and in San Joaquin County. Asthma reduces the overall quality of life and restricts activities associated with healthy lifestyles for both children and adults. Those not adequately diagnosed and treated are frequently seen in our emergency rooms throughout the county and often require hospitalization. There is significant interest in focusing efforts towards reducing the high incidence of asthma in our community.

This need was well documented in the Healthier San Joaquin County Community Assessment 2008 available at:

*[www.healthiersanjoaquin.org](http://www.healthiersanjoaquin.org)*



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The information and suggestions provided through our services are not a substitute for those of your primary care provider.